

CHESAPEAKE BAY ROCKFISH CREPES IN WINE AND CHEESE SAUCE

Janice Marshall, Crisfield, Maryland

1 lb rockfish fillets ¼ tsp pepper
½ cup butter - divided ½ tbsp butter melted
½ lb crabmeat ½ tsp Old Bay
2 green onions, minced 2 cups shredded Swiss cheese
¼ cup dry Vermouth Garnish - sliced green onions
⅛ tsp salt

Wine and Cheese Sauce:

¼ cup cornstarch 3 cups whipping cream
¼ cup milk ¼ tsp salt and pepper
⅓ cup dry Vermouth 8 oz shredded Swiss cheese

Whisk together cornstarch and milk. Bring Vermouth to a boil in large skillet. Cook until Vermouth is reduced to 1 tablespoon. Remove from heat and whisk in cornstarch and milk mixture. Add whipping cream, salt and pepper. Cook over medium heat, whisking constantly until mixture comes to a boil and thickens. Add Swiss cheese stirring constantly until sauce is smooth.

Crepes:

4 large eggs 1 cup cold water
2 cups all purpose flour 1 cup cold milk
¼ cup butter ½ tsp salt

Mix all ingredients in a blender or food processor until smooth. Cover and chill 1 hour. In an 8 inch skillet heat to medium heat. Let it get hot. Pour 3 tablespoons butter in skillet to cover bottom. Cook 1 minute or until crepe can be shaken loose. Turn crepe and cook about 30 seconds. Repeat procedure with remaining batter. Stack crepes between sheets of wax paper. You can freeze up to one month.

Place rockfish in boiling water with ¼ teaspoon salt. Let cook until solid and easy to flake. Melt ¼ cup butter in a large skillet over medium heat. Add flaked rockfish, crabmeat, and green onions. Sauté for 1 minute. Stir in Vermouth, salt and pepper. Bring mixture to a boil and cook 7 minutes until most of the liquid is absorbed. Remove from heat and set aside.

Put ½ tablespoon of melted butter in a 13 x 9 inch baking dish. Stir in 2 cups Wine and Cheese sauce into fish mixture. Spoon about 3 tablespoons fish mixture down the center of each crepe. Roll up and place seam side down in prepared dish. Spoon remaining 2 cups wine and cheese sauce over crepes. Sprinkle with Swiss cheese and dot with butter. Cover and chill for 3 hours. Let stand at room temperature 30 minutes. Bake at 450° for 20 minutes. Garnish with green onion.

SIXTH ANNUAL Maryland Rockfish Celebration 2003 Award Winning Rockfish Recipes

MARYLAND ROCKFISH AND VEGETABLE PURSES

Ed Bloom, Ethel and Ramone's, Baltimore, Maryland

Seasoning Ingredients

1 tbsp dark chili powder 1 tsp dried rosemary
1 tbsp ground onion powder 1 tsp ground black pepper
1 tbsp dried thyme ½ tsp salt
1 tsp garlic salt 2 tbsp all purpose flour
1 tsp cayenne pepper
(Prior to cooking, mix dry spices in food processor.)

2 1 lb rockfish fillets 2 tbsp fresh garlic (chopped)
1 large Maryland tomato (diced medium) 3 oz white wine
1 small red onion chopped med. ¼ stick butter or olive oil
3 ears Maryland Silver Queen corn 2 bunches green onions
(remove from cob) Garnish - red pepper and parsley

Separate green onions into individual sections. Immerse in boiling water about 30 seconds. Remove from water and chill in the fridge. (You should have 10 or so long green ribbons) Heat a large non stick sauté pan with half of the butter and sauté tomato, red onion, corn, and garlic over high heat for 1 minute. Add wine and cook until wine evaporates. Remove from pan and let mixture cool. Do not rinse pan (remnants in the pan will help to flavor the total dish). On a lightly greased piece of foil or wax paper lay green onion ribbons about ½ inch apart (tie 2 ribbons together to make longer) and lay the first fillet on top of the ribbons. Lay vegetable mixture the length of fillet and lightly sprinkle seasoning mixture on fillet. Place second fillet on top skin side up to make a sandwich. Tie green onion ribbons across the top with large bows and lightly season top. Reheat the sauté pan until medium hot and place the purse in the hot pan. (Slide purse right off of foil or paper to pan) Using a long spatula flip the purse. Place pan into preheated 350° oven and bake 10 minutes. Remove and top with pan liquid. Garnish with sliced red pepper strips and parsley.

SCOTCH ON THE ROCK

Jerry Brady, LaPlata, Maryland

2 1 lb rockfish fillets, skinned ½ cup chopped scallions
4 tbsp unsalted butter 1 tbsp fresh lemon juice
1 ½ tbsp minced ginger 2 cups heavy cream
1 clove of garlic ½ cup Pure Single Malt Scotch
rice Brussel sprouts
carrots salt and pepper to taste
Garnish - scallions, cherry tomato, sprig of rosemary

Preparation:

Cut each fillet into equal portions and lightly salt. Melt butter in large skillet; add ginger, garlic, scallions, and cook approximately 1 minute. Add filets to the pan and sear on each side. Add 1 tablespoon lemon juice and Scotch, simmer for approximately 5 minutes turning fillets once. Remove fillets from pan and add the cream. Simmer and stir until it thickens. Add fillets back to pan and simmer until fish is flaky.

Prepare rice of choice according to directions. Steam Brussels sprouts and carrots. Season to taste with salt and pepper.

Presentation: Place a bed of rice on the plate and top with a portion of fish. Add steamed vegetables to plate. Spoon generous amounts of Scotch sauce on the fish. Garnish plate with scallions, cherry tomato and a sprig of rosemary. Serves 4.

MARYLAND PECAN ENCRUSTED ROCKFISH WITH CREAMY DIJON MUSTARD SAUCE

Sally Brassfield, Leonardtown, Maryland

2 lbs rockfish fillets - skinned ¼ cup Dijon mustard
1 cup clarified butter - divided 1 cup finely chopped pecans
Sauce
½ cup mayonnaise ½ tsp curry
½ cup sour cream ¼ cup Dijon mustard
4 slices of firm white bread cut to approximately size of 4 rockfish fillets.

In large sauté pan brown bread slices using 1 tablespoon butter and put aside. In shallow bowl, mix ½ cup melted butter with ¼ cup Dijon mustard. Heat remaining butter in large sauté pan. Cut rockfish fillets in ½ lb serving pieces. Dip each fillet into the combined butter and mustard mixture. Cover one side of each fillet with the pecans. Place fillets immediately in heated sauté pan, plain side down. Sauté for approximately 15 minutes spooning pan butter over the fillets as they cook. In small bowl combine sauce ingredients. Cook another 5 minutes.

Presentation: Place browned bread slice on plate, top with fish, pecan side up. Serve with small green salad or fresh vegetables.

SESAME CRUMB CRUSTED ROCKFISH WITH CREAMY CHIPOTLE SAUCE AND MANGO AND BLACK BEAN SALSA

Julie Fox, Annapolis, Maryland

1 cup prepared vinaigrette dressing
2 8 oz rockfish fillets
2 eggs, beaten
1 cup crushed buttery round cracker crumbs
½ cup sesame seeds
1 tbsp southwest flavor fajita seasoning (with salt)
2 tbsp butter
2 tbsp olive oil
Chipotle Sauce: recipe follows
Mango and Black Bean Salsa: recipe follows
cilantro sprigs for garnish

Prepare Chipotle Sauce and Mango and Black Bean Salsa and set aside. In a shallow dish, place rockfish fillets. Pour vinaigrette over fillets evenly. Cover and refrigerate for a least 30 minutes.

Pat fish dry and discard marinade. Place egg in shallow dish. Add fish and turn to coat. In another shallow dish, mix together crumbs, sesame seeds and fajita seasoning. Add fish, turning to coat.

In a large, non-stick fry pan over medium high heat, melt butter in oil. When bubbling subsides, add fish and cook about 4 minutes on each side until browned and crisp outside and must opaque in center. Serve with Mango and Black Bean Salsa and drizzle rockfish with creamy Chipotle Sauce. Garnish with cilantro sprigs and additional creamy Chipotle Sauce for dipping. Serve over bed of hot couscous. Makes 2 servings.

Creamy Chipotle Sauce

In a blender, place ½ cup mayonnaise, 2 tablespoons mango chutney, 2 teaspoons minced canned Chipotle chile pepper in adobo sauce, 2 teaspoons fresh lime juice and ½ teaspoon ground coriander. Puree until smooth. Refrigerate until ready to serve.

Mango and Black Bean Salsa

½ cup canned black beans, rinsed and drained
½ cup diced ripe mango
½ cup canned crushed pineapple in juice, undrained
¼ cup minced red onion
¼ cup diced red bell pepper
¼ cup diced jícima
2 tbsp fresh lime juice
1 tbsp minced fresh cilantro
1 small clove garlic, minced

1 Serrano or jalapeño chile pepper, seeded and minced
½ tsp ground coriander

In a medium bowl, mix all ingredients together well and let sit at room temperature for at least 20 minutes to allow flavors to blend.

First Place Award Winner

SEARED ROCKFISH FILLET WITH OYSTER AND CORN STEW

Rich Hoffman, Rudys' 2900, Finksburg, Maryland

Seared Rockfish

2 lbs rockfish fillets
(cut into four 6 oz portions)
clarified butter
ground mustard seed

salt
cracked black pepper
lemon juice

Season fish with salt, pepper, and mustard seed. Heat sauté pan with clarified butter. Sear fish until golden brown on both sides. Place in 350° oven for 8 minutes or until done. Sprinkle fish with lemon juice to taste. Reserve hot.

Oyster and Corn Stew

4 oz butter
1 pt half-and-half
1 tbsp chopped red bell pepper
¼ cup brunoise of celery, onion, leaks, and shallots - each
¼ cup brunoise wild mushrooms; freshest available
2 oz Dry Vermouth
1 tbsp finely chopped parsley, tarragon, basil
¼ cup tomato concassé
salt and pepper
8 oz oyster liquor
12 large plump oysters

Heat butter in stock pot. Sweet red pepper, celery, onion, leaks, shallots, wild mushrooms, and corn until tender. Add flour to make blonde roux. Deglaze with vermouth, cook out alcohol. Add oyster liquor and half-and-half. Simmer for 25 minutes on low flame until roux is cooked thoroughly and consistency and is such that coats back of spoon. Season to taste. Remove from heat. Add oysters, tomatoes, and chopped herbs. Reserve hot. Serve with Virginia Ham and Caramelized Cornbread Pudding over a bed of wilted spinach.

Second Place Award Winner

POTATO ENCRUSTED ROCKFISH

Kevin Jones, MacGregor's, Havre de Grace, Maryland

2 lbs rockfish fillets	dried bay leaves
4 Idaho potatoes	2 oz BBQ sauce
1 oz chopped garlic	4 oz sugar
24 oz Swiss chard	salt and pepper
4 large Portabella mushrooms	2 oz oil
28 pearl onions	1 oz Mesquite Seasoning
1 shallot	1 ½ lbs salted butter
1 ½ oz chopped parsley	1 cup white wine
10 whole peppercorns	4 sprigs parsley
Juice of one lemon	½ cup heavy cream

Rockfish

Shred potatoes. Cut rockfish into four, eight ounce pieces. In a hot, eight inch nonstick pan, add a dab of butter and melt. Add one quarter of the shredded potatoes and let cook for about one minute until the potatoes form together. Place seasoned rockfish fillet on top of the potatoes. When the potatoes start to brown around the edges, flip and cook for another five minutes. Repeat the steps for the three remaining pieces. Finish cooking in a 350° oven for about 10 minutes, until opaque.

Swiss Chard

Wash to remove any sand. Remove thick stems from the leafy part of the Swiss chard. Chop each stalk into one inch pieces. In a large sauté pan, add a dab of butter and garlic. Add Swiss chard and sauté till tender. Season with salt and pepper.

Caramelized Pearl Onion

Remove the paper like husk from the onions. In a large sauté pan add the onions, sugar, and four ounces of water. Sauté until water is evaporated and onions are soft and browned.

Portabella Mushroom

De-stem mushrooms and dust off any dirt. Place on a sheet pan. Brush with oil and season with Mesquite Seasoning. Salt and pepper. Roast in a 500° oven for seven minutes and cool. Slice each mushroom into julienne strips.

BBQ Lemon Butter Sauce

Add chopped shallots, peppercorns, bay leaves, and white wine in a sauce pan and reduce by half. Add heavy cream and reduce by half. Remove from heat and slowly fold in softened butter. Strain through either cheese cloth or a fine mesh strainer. Add lemon juice, BBQ sauce and salt and white pepper to taste.

To serve: Using four large dinner plates, distribute the garlic Swiss chard in the center of each. On top of the Swiss chard place the potato encrusted rockfish. Top the rockfish with the julienne roasted Portabella mushrooms. Place seven pearl onions on each plate around the rockfish and drizzle each plate with the BBQ Lemon Butter Sauce. Sprinkle with chopped parsley and garnish with a parsley sprig.

ROCKFISH NORFOLK

David McCallum, Tilghman Island Inn
Tilghman Island Maryland

4 6 oz rockfish fillets 3 tbsp minced shallots
½ lb backfin crab (pick over for shell) 3 tbsp olive oil
3 oz Prosciutto (chopped) ¼ cup dry sherry or to taste
2 cups heavy cream salt and white pepper
½ cup chopped scallions 3 tbsp chopped scallions

Season fillets with salt and white pepper. Heat nonstick pan to very hot and sear on both sides of fish. Transfer to a baking sheet, roast at 375° until just done (measure thickest point of fillet, cook 10 minutes/inch)

In a separate sauté pan, heat olive oil. Add shallots and sauté until translucent. Add Prosciutto and sauté for about 1 minute. Glaze pan with sherry. Add cream. Season with salt and white pepper. Reduce. Add crab and adjust seasonings. Serve with succotash.

Presentation:

Spoon ½ cup succotash on serving plates. Place a fillet on top of the vegetables and top with crab sauce.

LEMON HERB CRUSTED ROCKFISH SERVED ON HOME STYLE GARLIC MASHED POTATOES

Marty Hyson, Baltimore, Maryland

2 lbs rockfish fillets, skinned 1 tbsp dried thyme
zest of 2 lemons 1 tsp Kosher salt
3 cups bread crumbs ½ cup cracked black pepper
3 tbsp Old Bay seasoning 2 eggs
1 tbsp dried parsley ½ cup peanut oil
1 tbsp dried rosemary

Garlic mashed potatoes

6 large potatoes, peeled and cut into ½ inch pieces
1 cup buttermilk
1 tsp fresh chopped garlic ½ stick unsalted butter
1 tsp ground dried parsley
Boil potatoes until soft. In large bowl mix buttermilk, butter, garlic and parsley. Mash potatoes for about 5 minutes, leaving lumps. Place in center of large platter. Skin rockfish, and coat with Kosher salt and cracked pepper, set aside. In large bowl, mix bread crumbs, lemon zest, parsley, Old Bay, rosemary, and thyme. Set aside until ready to bread fillets. Beat 2 eggs in separate bowl, drench fillets in egg, then dip in bread crumb mixture, coating both sides of the fish generously.

In a large skillet, heat oil on medium until hot, lay fillets in hot oil and cook until crispy crust forms on both sides. (5-8 minutes each side). Set on paper towel to drain oil. Place fillets on top of garlic mashed potatoes and serve hot.

Third Place Winner

MARYLAND ROCKFISH WITH ROASTED YELLOW PEPPER GRITS AND POBLANO SAUCE

Andy Weber, Edgewater, Maryland

4 6oz rockfish fillets roasted yellow pepper grits*
2 tbsp olive oil roasted Poblano Sauce*
salt and freshly ground pepper

Brush rockfish with olive oil on both sides and season with salt and pepper. Heat sauté pan or grill pan over high heat until smoking. Grill, skin side down, for 3 to 4 minutes or until golden brown. Turn over and continue cooking for 2 to 3 minutes for medium-well doneness.

Place a heaping mound of yellow pepper grits onto 4 dinner plates. Place a fillet on top of each and drizzle with the Poblano Sauce.

Yellow Pepper Grits

3 large yellow peppers 1 tbsp chipotle puree
4 tbsp olive oil 2 16 oz cans hominy drained
1 cup heavy cream 3 gloves garlic, finely chopped
1 tbsp unsalted butter ½ cup grated white Cheddar
1 large Spanish onion, finely choppe salt and pepper

Preheat oven to 400°. Rub the pepper with 2 tablespoons of the oil and place on a baking sheet. Roast in the oven until soft and skin is blackened. Place the peppers in a medium bowl, cover with plastic wrap and let sit for 15 minutes. Remove the skin and seeds from the peppers. Place 2 of the peppers in a food processor and process until smooth. Cut the remaining pepper into fine dice and set aside.

Place the hominy in a food processor and process until smooth. Heat the remaining 2 tablespoons of oil and butter in a medium saucepan over medium heat. Add the onions, season with salt and pepper, cook until soft. Add the garlic and cook for an additional 2 minutes. Add the hominy, yellow pepper puree, and heavy cream. Season with salt, pepper, and chipotle puree. Cook for 10 minutes and fold in the diced yellow peppers and Cheddar.

Poblano Pepper Sauce

3 poblano peppers, roasted, peeled, seeded, and chopped
¼ cup red wine vinegar
3 tbsp chopped cilantro
2 tbsp honey
salt and freshly ground pepper
½ cup olive oil

Place peppers, vinegar, cilantro, and honey in a blender and season with salt and pepper. Blend until smooth. With the motor running, slowly add the olive oil until emulsified.

Serves 4.